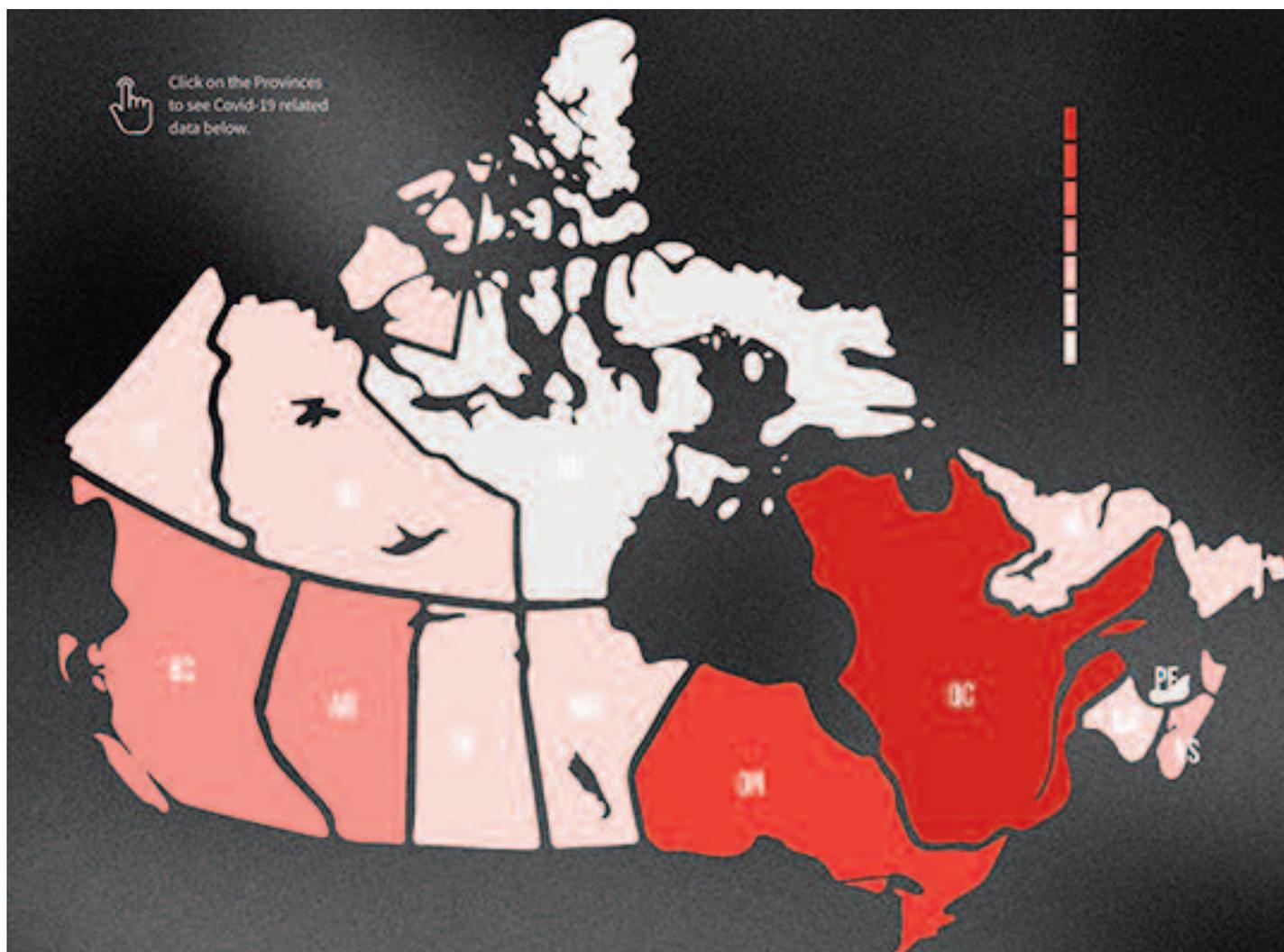


# Covid 19 infections keep rising in Canada and in other countries



**Coronavirus: What's happening in Canada and around the world on Monday (November 24, 2020)**

Ontario, Manitoba report record new cases; Atlantic bubble bursts as N.L., P.E.I. withdraw for 2 weeks

Ontario reported a record high daily COVID-19 case number on Monday with 1,589 new cases and 19 additional deaths, bringing the death toll in the province to 3,505.

The update on Monday came after people in Toronto and Peel Region woke up to new rules after the province announced a lockdown period for those regions set to last at least 28 days. Non-essential stores in those regions will be closed to shoppers, and restaurants can only offer takeout and delivery.

Hospitalizations increased to 507 while the number of people in ICU increased to 156, according to a provincial dashboard.

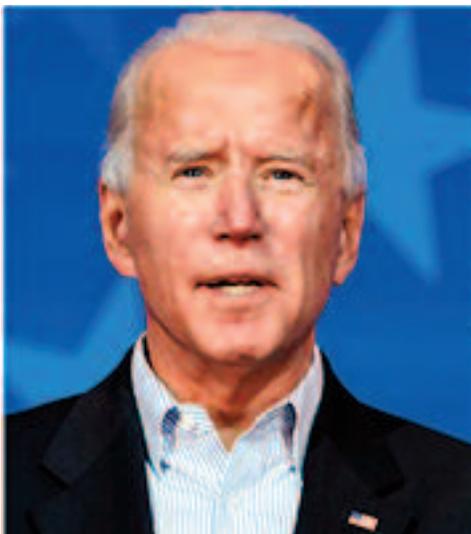
Premier Doug Ford also announced that the province has appointed retired Gen. Rick Hillier to lead Ontario's vaccine rollout. Hillier previously served as the chief of defence staff of the Canadian Forces

See Page 4 Covid 19 cases

# Biden-Trump transition unsettled by baseless voter fraud claims

Despite numerous losses by the Trump's legal team in contesting the election results, Donald Trump has remained adamant in his claim that the election was stolen from him. His personal lawyer, Ron Giuliani has appeared on TV and press conferences in embarrassing photos showing his hair dye dripping on both sides of his face while declaring insensible conspiracy theories that no one understands. The whole story seems to be getting more bizarre day by day while very few Republican leaders care to make a comment about the impasse.

Various news reports everyday since the election last November 3rd show that there is no doubt that Trump lost the elections. He is still the president of the United States until the inauguration of President-elect Biden



**President-elect Joe R. Biden**



**Pres. Donald Trump**

on January 20, 2021. What happens during the remainder of his term is anyone's guess. Following are some

news confirming Biden's win and other events related to the Trump administration.

**Michigan's state board certifies Biden's win**

**By Annie Grayer, Chandelis Duster and Jeremy Herb, CNN**

Updated 4:42 PM ET, Mon November 23, 2020

(CNN)The Michigan State Board of Canvassers voted Monday to certify the state's election results, formally granting President-elect Joe Biden the state's 16 electoral votes.

The certification all but erases President Donald Trump's pathway to try to overturn the election results through legal challenges that have been dismissed in key states.

One of the two Republican members of the Michigan state canvassing board, Aaron Van Langevelde, joined the two Democrats to vote to certify the

See Page 6 Michigan



**From the Publisher's desk**

**Fighting for the soul of the nation amidst political and pandemic crises**

**Zenaida Ferry Kharroubi**

he admitted that “when you are famous, you can practically do anything you want.”

For Biden, the soul of the nation came into focus after the deadly white nationalist rally in Charlottesville, Virginia, three years ago. “We have to show the world America is still a beacon of light,” he wrote at the time. From the start, his campaign message has been one of broader morality, versus specific policy or ideology. When Biden says this is a battle for the soul of the nation, he is not using it religiously but as a synonym for character, said presidential historian Jon Meacham, who has spoken often with Biden about the soul.

The recent American 2020 elections brought into focus two contrasting personalities and visions. President-elect Joe R. Biden ran under a slogan “Fighting for the Soul of the Nation” against the incumbent President Donald Trump who has his own slogan of “Make America Great Again” and “America First” policy. After almost four years of Trump’s political rhetoric, he has convinced a great number of people who believe that the Caucasian race is in danger of being subjugated thereby encouraging them to fight for their rights. Biden, in his various speeches referred to the “soul of the nation,” is clearly making his argument that Trump must not be allowed to continue as he will definitely

When we look back in history, we learn about past leaders who fought for peace, equality and justice. However, it seems that after centuries of struggles for a perfect society, we still have a long way to go in creating the kind of society that most people want. It is quite remarkable to observe that since Donald Trump’s surprising election in 2016, the United States of America seems to be completely different from years past. For the first time in history, the President of the United States uses Twitter daily to make his statements which are often considered either exaggerated claims of everything or some lies about something. He refers to the media as enemies of the people and source of fake news. He has insulted Prime Minister Trudeau in more than one occasion, in particular, during the G7 summit and called him two-face and a weak leader. He has also been the subject of numerous scandals about his past relationships with a porn star, and indiscretions caught on tape when

be harmful to the “soul of this nation.” When former Vice President Joe Biden announced a year ago he was running for president, he declared, “We are in the battle for the soul of this nation.” Last November, he tweeted, “This election is about the soul of our nation—and Donald Trump is poison to our soul.” His campaign mounted what it called a “Soul of the Nation” bus tour with a bus ferrying Biden that was emblazoned with the slogan “Battle for the Soul of the Nation.” During the presidential debates, he repeatedly echoed his assertion that “we’re in a battle for the soul of America.” And in the last debate of this year’s Democratic presidential contest—when Biden faced off against Sen. Bernie Sanders—the former veep remarked, “Four more years of Donald Trump will fundamentally change the nature of who we are as a nation. We’ve got to restore this country’s soul, that’s essential.”

A political commentator remarks: “Everyone recognizes that the nation is divided to its very core, but the division is not between people. The key divide is not between Trump voters and Biden voters; or between Republicans and Democrats; or among conservatives, moderates, and progressives. It’s not between who the people are, but what the people are being—the outcome of our being.” President-elect Joe Biden seems to be the kind of president needed at this time of American history in changing the negative atmosphere. In spite of

Trump’s refusal to accept the election results, Biden has taken every step needed to do an urgent job – to save the soul of the nation not by words alone but by being proactive in finding ways to meet the challenges of the pandemic. He has continued to select the people he needs to help him run the government as smoothly as possible and to restore the broken economy. Evidently, there is no time to waste in political rhetoric. What is needed is a sincere effort to fight the virus that does not recognize political agendas.

As a neighbor and an ally, Canada has a lot to gain or lose by any presidential decision. Over the past four years, we have seen some of the problems that can result from our relations with the United States. For example, we still have two Canadians being held unjustly in prison in China as a retaliation for the pending extradition of a Chinese executive in Canada.

The effect of the Trump presidency may still be felt in the way his supporters behave. Some people are concerned about sectarian violence due to the powerful influence he has on his followers. Although we have a lot to be concerned during this pandemic and political uncertainties, we are also optimistic that the change of leadership bodes well for the future. We hope to see more stability in government as well as control of the environment and a united response to the global pandemic.

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**The COVID pandemic is still with us.  
Let’s all work together to protect the community by following all the health directives.**



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The opinions expressed by the writers and columnists do not necessarily reflect that of the management of the North American Filipino Star nor its editors.

## Where did COVID come from? WHO investigation begins but faces challenges

Identifying the source will be tricky, and investigators will need to grapple with the sensitive political situation.

about research under way in China have not been made public, says Wang, who was part of the WHO mission that looked for the origin of SARS in China in 2003.



Early cases of COVID-19 were linked to a meat market in Wuhan, China, but investigations have not found samples of the coronavirus in carcasses. Credit: Alamy

The World Health Organization (WHO) has released its plan to investigate the origins of the COVID pandemic. The search will start in Wuhan — the Chinese city where the new coronavirus SARS-CoV-2 was first identified — and expand across China and beyond. Tracing the virus's path is important for preventing future viral spillovers, but scientists say the WHO team faces a daunting task.

Most researchers think the virus originated in bats, but how it jumped to people is unknown. Other coronaviruses have passed from an intermediate animal host; for example, the virus that caused an outbreak of severe acute respiratory syndrome (SARS) in 2002-04 probably came to people from raccoon dogs (*Nyctereutes procyonoides*) or civets.

"Finding an animal with a SARS-CoV-2 infection is like looking for a needle in the world's largest haystack. They may never find a 'smoking bat' or other animal, says Angela Rasmussen, a virologist at Columbia University in New York City. "It will be key for the investigators to establish a collaborative relationship with scientists and government officials in China."

Nailing down the origins of a virus can take years, if it can be done at all, and the investigation will also have to navigate the highly sensitive political situation between China and the United States. US President Donald Trump has been "calling it a China virus and the Chinese government is trying to do everything to prove that it is not a China virus", says Linfa Wang, a virologist at Duke-National University of Singapore Medical School. The political blame game has meant that crucial details

He hopes the situation with the new US administration will be less volatile. President-elect Joe Biden has also said he will reverse Trump's withdrawal from the WHO. Support from China and the United States will create "a much more positive environment to conduct research in this field", says Wang.

### The search starts in Wuhan

An international team of epidemiologists, virologists and researchers with expertise in public health, animal health and food safety will lead the WHO's COVID-19 investigation. The agency has not released their names.

The team held its first virtual meeting, including researchers in China, on 30 October, and is reviewing the preliminary evidence and developing study protocols, says the WHO. The initial phase of investigations in Wuhan will probably be conducted by researchers already in China, and international researchers will travel to the country after reviewing those results, the agency says.

In Wuhan, researchers will take a closer look at the Huanan meat and animal market, which many of the earliest people diagnosed with COVID-19 had visited. What part the market played in the virus's spread remains a mystery. Early investigations sampled frozen animal carcasses at the market, but none found evidence of SARS-CoV-2, according to a 5 November report of the WHO mission's terms of reference. However, environmental samples, taken mostly from drains and sewage, did test positive for the virus. "Preliminary studies have not generated credible leads to narrow the area of research," the report

states.

The WHO mission will investigate the wild and farmed animals sold at the market, including foxes, raccoons (*Procyon lotor*) and sika deer (*Cervus nippon*). They will also investigate other markets in Wuhan, and trace the animals' journeys through China and across borders. The investigators will prioritize animals that are known to be susceptible to the virus, such as cats and mink.

The team will also look at Wuhan's hospital records, to find out whether the virus was spreading before December 2019. The researchers will interview the first people identified to have had COVID-19, to find out where they might have been exposed, and will test blood samples from medical staff, laboratory technicians and farm workers collected in the weeks and months before December, looking for antibodies against SARS-CoV-2. The report acknowledges that some of this work might already be under way in China.

### Longer-term plans

The initial investigation in Wuhan will inform longer-term studies into the pandemic's origins, which could take investigators outside China. "Where an epidemic is first detected does not necessarily reflect where it started," the WHO report states, noting preliminary reports of viral RNA detected in sewage samples before the first cases had been identified.

This statement could refer to a study, posted on the preprint server medRxiv without peer review, which retrospectively tested Spanish sewage

samples from March 2019 and found SARS-CoV-2 fragments, says Raina MacIntyre, an epidemiologist at the University of New South Wales in Sydney, Australia. "If this study was correct, we have to ask how the virus was in Spain in March last year," she says.

Plans to look beyond China are sensible, given that extensive surveillance in bats in China since the 2002 SARS outbreak has identified only a distant relative of SARS-CoV-2, says Wang. A growing number of experts think that the immediate or close ancestors of SARS-CoV-2 are more likely to exist in bats outside China, says Wang. He says the WHO team should survey bats and other wildlife across southeast Asia for SARS-CoV-2 antibodies.

The investigation should also prioritize carnivorous mammals farmed for fur, such as raccoon dogs and civets, which had a role in the SARS outbreak, says Martin Beer, a virologist at the Federal Research Institute for Animal Health in Riems, Germany. "It is surprising that there is no mention of these animals in the report, and we have no information from China about whether these animals have been tested," says Beer.

A spokesperson for the WHO says the mission will be guided by science, and "will be open-minded, iterative, not excluding any hypothesis that could contribute to generating evidence and narrowing the focus of research".

Nature 587, 341-342 (2020)

## Quebec reports 1,164 new cases of COVID-19, 13 deaths

(Nov. 23, 2020 MONTREAL) -- Quebec health authorities reported 1,164 new cases of COVID-19 on Monday, bringing the total number of cases in the province since the start of the pandemic to 133,206. Of them, 10,997 are active.

The province's seven-day average is now 1,162 new cases of COVID-19 per day.

Officials also reported 13 more deaths linked to the disease, including three from the past 24 hours and 10 from between Nov. 16 and 21, for a total of 6,842. Montreal reported the highest increase in cases of all Quebec regions, with 294 (total 48,745), followed by Saguenay-Lac-Saint-Jean, with 161 (total 4,262), Lanaudiere, with 142 (total 10,493), Monteregie, with 125 total

18,922) and Quebec City, with 106 (total 10,799).

Hospitalizations in the province decreased by eight from Sunday to Monday and there are now 634 people receiving treatment for COVID-19 in Quebec hospitals. Of them, 98 are in the intensive care ward, which is five less than a day before.

Quebec also reported that 1,282 more people have recovered from the disease across the province, for a total of 115,367.

Quebec reported that it completed analyses of 20,017 COVID-19 samples on Nov. 21 (Quebec reports its daily testing figures from two days prior).

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From Page 1 Covid 19 cases

for three years.

Ford said planning is already underway with vaccine manufacturers for the rollout expected in early 2021. Health Minister Christine Elliott said the province will receive 1.6 million doses of Pfizer's new vaccine and 800,000 doses of Moderna's vaccine.

Meanwhile, businesses struggling to pay the bills because of the COVID-19 pandemic will be able to start applying today for a long-awaited new commercial rent relief program offered by the federal government.

The new Canada Emergency Rent Subsidy replaces an earlier rent-support program for businesses introduced in the spring that saw little pickup because it relied on landlords applying for help.

The new program will cover up to 65 per cent of rent or commercial mortgage interest on a sliding scale based on revenue declines, with an extra 25 per cent available to the hardest-hit firms.

Manitoba reported 543 COVID-19 cases — a new daily record — as well as seven more deaths, Chief Provincial Public Health Officer Dr. Brent Roussin announced. The province where health officials recently imposed strict measures to try to get a handle on rising case numbers.

"It might be easier to just think of these as numbers, but these are Manitobans," Roussin said. "The list continues to grow and it's very challenging to be reading every day." In Atlantic Canada, which has so far been spared the worst of the global pandemic, two premiers told residents of their provinces that travel guidelines are changing.

Newfoundland and Labrador's premier said that a decision to temporarily pull out of the Atlantic bubble is meant to stave off a second wave and try to protect the upcoming holiday season.

As of Wednesday, people arriving in the province from other "bubble" provinces will have to self-isolate for two weeks.

Prince Edward Island also moved on Monday to suspend non-essential travel to and from the island for a two-week period. Premier Dennis King described the move as "an extra layer of caution."

The provinces joined the Atlantic bubble in July, which allowed residents of the four Atlantic provinces to travel freely between the provinces without self-isolating.

Newfoundland reported two new cases on Monday for a total caseload of 321. P.E.I. added one new case, bringing the total number of cases reported in the island province to 69.

New Brunswick reported 15 new cases of COVID-19 and one new death. Dr. Jennifer Russell, New Brunswick's chief medical officer of health, urged residents to "please, wear a mask" and keep their close contacts low. "We must all remain vigilant. There has never been a time when the risk was zero," she said.

Nova Scotia reported 11 new cases of COVID-19 on Sunday, the highest single day case number since May.

As of 2:30 p.m. ET on Monday,

Canada's COVID-19 case count stood at 334,073, with 55,540 of those considered active cases. A CBC News tally of deaths based on provincial reports, regional health information Quebec on Monday reported 1,164 cases of COVID-19 and 13 deaths, including three reported to have occurred in the last 24 hours. Hospitalizations stood at 634, with 98 in intensive care, according to the province.

Nunavut reported four new cases of COVID-19 on Monday after adding dozens of new cases over the weekend. The territory, which is in the midst of a so-called circuit-breaker lockdown, has now seen a total of 134 cases.

Health officials in Alberta reported 1,584 new cases of COVID-19 on Sunday with 319 hospitalizations and 60 in intensive care.

Saskatchewan, meanwhile, reported 236 new cases of COVID-19 on Sunday after hitting a record high on Saturday.

Premier Scott Moe, who has been facing pressure from some to step up restrictions, said Saturday that public health officials will "have more to say early next week."

and CBC's reporting stood at 11,499. Health officials in that province on Sunday listed 99 people as hospitalized, with 19 in intensive care.

The Northwest Territories, meanwhile, had no new cases over the weekend.

In Yukon, health officials reported three more cases of COVID-19 over the weekend, saying two of the cases were linked to previously identified cases and one was linked to out-of-province travel.

Health officials in British Columbia don't release updated COVID-19 figures over the weekend. The province reported 516 new cases of COVID-19 on Friday, bringing the number of active cases to 7,122.

#### **What's happening around the world**



**Prince Edward Island Premier Dennis King said the province is temporarily suspending its participation in the Atlantic bubble after coronavirus cases began rising within the region.**

As of early Monday afternoon, there were more than 58.8 million COVID-19 cases worldwide, with more than 37.6 million of those cases considered recovered or resolved, according to a case tracking tool maintained by Johns Hopkins University.

AstraZeneca says that late-stage trials showed its COVID-19 vaccine was up to 90 per cent effective, giving public health officials hope they may soon have access to a vaccine that is easier to distribute than some of its rivals.

The results reported Monday are based on an interim analysis of trials in the U.K. and Brazil of a vaccine developed by Oxford University and manufactured by AstraZeneca.

AstraZeneca is the third major drug company to report late stage results for its potential COVID-19 vaccine as public health officials around the world anxiously wait for vaccines that will end the pandemic that has killed almost 1.4 million people.

Unlike the Pfizer and Moderna vaccines, the Oxford-AstraZeneca candidate doesn't have to be stored at ultra-cold temperatures, making it easier to distribute, especially in developing countries. All three vaccines must be approved by regulators before they can be widely distributed.

In the Americas, public health officials in the U.S. are sounding alarms and urging people not to travel and limit gatherings this holiday season amid a new surge in coronavirus cases.

But that isn't stopping the White House from planning a host of festivities, including holiday parties, which kicked off Monday with the arrival of the White House Christmas tree.

Attending the parties will be a very personal choice," said Stephanie Grisham, first lady Melania Trump's spokesperson and chief of staff. "It is a longstanding tradition for people to visit and enjoy the cheer and iconic decor of the annual White House Christmas celebrations."

On Tuesday, the events will continue as President Donald Trump participates in the annual pardoning of the National Thanksgiving Turkey at a ceremony in the Rose Garden.

Trump has remained largely behind closed doors since he lost his bid for reelection. He has refused to concede, lodging baseless allegations of voter fraud in an attempt to subvert the results and undermine one of the basic tenants of democracy.

The White House has already been the site of several suspected "super-spreader" events and dozens of

to curb a new surge in coronavirus cases.

Shops, gyms, personal care businesses and leisure facilities will be allowed to reopen, and collective worship, weddings and outdoor sports can resume. Fans will also be allowed back into sports stadiums for the first time since March.

Johnson said "the scientific cavalry is now in sight," and breakthroughs in mass testing and vaccines should eliminate the need for lockdowns by spring. But first, he said, "we must get through winter without the virus spreading out of control and squandering our hard-won gains."

He said England's lockdown will be replaced with regional measures involving three tiers of restrictions based on the scale of the outbreak in different areas.

Spanish Prime Minister Pedro Sanchez says a national COVID-19 vaccination plan will be launched in January.

Sanchez said the vaccine will be administered at 13,000 locations across Spain and "a very substantial part of the population" can be vaccinated in the first half of next year. Further details are expected on Tuesday.

In the Asia-Pacific region, the head of emergencies at the World Health Organization said it's "extremely important" for its international team to visit China to look into the origins of the coronavirus, saying the United Nations health agency has been reassured such a trip will happen "as soon as possible."

Dr. Michael Ryan said such a visit is needed so that "the international community can be reassured of the quality of the science" that he lamented has been increasingly questioned for political ends — including pressure and threatening e-mails against scientists.

"Clearly, we all need to understand the origin of the virus. We all need to understand where it has come from, not least to understand where it may re-emerge in the future," Ryan told a news conference from Geneva. "I believe our Chinese colleagues are just as anxious to find those answers as we are."

Ten months after its declaration that COVID-19 represented an international public health emergency, WHO is still working to deploy an international team of experts to China to visit the suspected epicentre in the city of Wuhan and surrounding Hubei province.

In the Middle East, the Palestinian Authority in the Israeli-occupied West Bank has announced a partial two-week lockdown to clamp down on the coronavirus's spread as new cases have rapidly increased.

Palestinian Prime Minister Mohammad Shtayyeh said Monday that the West Bank will be under a full lockdown on the weekends, and a curfew will be imposed from 7 p.m. until 6 a.m. on weekdays. All non-essential businesses will be closed during the lockdown periods.

South Africa remains the hardest-hit country in Africa, with more than 767,000 cases of COVID-19 and nearly 21,000 deaths.

With files from The Associated Press, The Canadian Press and Reuters

# Anxiety, criticism greet arrival of Liberals' revamped commercial rent relief program

Old program saw little pickup because it relied on landlords applying for help  
Jordan Press, Christopher Reynolds · The Canadian Press · Posted: Nov 23, 2020 8:27 AM ET |

The federal government's latest lifeline to cash-strapped businesses landed with a swirl of anxiety as companies face an uncertain future that the country's finance minister summed up in three words: "Winter is coming."

The new Canada Emergency Rent Subsidy replaces an earlier rent support program for businesses introduced in the spring that saw little pickup because it relied on landlords applying for help.

The new program will cover up to 65 per cent of rent or commercial mortgage interest on a sliding scale based on revenue declines, with an extra 25 per cent available to the hardest-hit firms.

Speaking at a midday press conference, Finance Minister Chrystia Freeland said the measure, along with others, should prevent viable businesses that have survived this far into the pandemic from faltering now that an end is in sight — a nod to encouraging recent news about vaccine development.

Freeland says the COVID rent relief program is now accepting applications 5 hours ago

Still, she said, companies and Canadians are heading into "what we all



Deputy Prime Minister Chrystia Freeland spoke with the CBC's Tom Parry in Ottawa on Monday. 2:43

know will be a difficult winter."

"We want to keep as much of our economy going as possible," Freeland said.

"It's great that our manufacturing is open. Obviously, we need our grocery stores and our drugstores to still be operating. So I really believe that these measures are going to help us do the right thing when it comes to public health and help our businesses get through a difficult winter."

The government is only setting the rules until Dec. 19, after which the Liberals are promising to adapt and target the aid as needed.

The Canadian Federation of

Independent Business, which represents thousands of small companies across the country, welcomed the new rent program as long overdue for firms hit hard by COVID-19.

But it noted the program doesn't help companies that would have qualified for the previous rent-relief program if their landlords had chosen to apply.

The assistance will cover rent, property taxes, insurance and mortgage interest for qualifying companies going back to Sept. 27.

Conservatives say Liberals 'blew it'

Laura Jones, CFIB's executive vice-

president, said small businesses are still anxious about applying for the program and whether they will qualify or fill out forms properly. She said that won't subside until the aid is in the bank.

"For many businesses, getting rent relief is make or break," she said Monday in an interview.

Many businesses still don't know about the new program or how it works, or believe they're not eligible because revenue losses aren't as steep as what the previous version required, Jones said.

"Businesses are paying attention to so many things," she said. "It's like drinking from a firehose all the time, on top of trying to keep your business afloat."

Small businesses welcome new federal rent relief as lockdown looms, but it's too late for some

Senators question Freeland on transparency of aid package for troubled businesses

The revamped program includes a requirement that entrepreneurs pay their rent before applying, putting the subsidy out of reach for many cash-strapped businesses. The Liberals have promised to quickly introduce legislation to end that requirement.

In the meantime, the Canada

See Page 12 Anxiety, criticism

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# PERSONALITY OF THE MONTH

By Fely Rosales-Cariño



**Joey Abrenilla with his van preparing to distribute aid to needy families**

I want to introduce to you Joey Abrenilla, the November 2020 Personality of the Month. Joey comes from Butuan City, Philippines. His biography was kindly provided by Tenne Rose Dayandante, co-host of Pinoy Radio and the Media Concept Broadcasting Network (MCBN) in Toronto. Arriving in Canada in 2005, he started to involve himself in Filipino organizations. He started as a Youth Director of Our Lady of the Assumption (OLA) Parish in Toronto and eventually became the Youth Director of the Archdiocese Filipino Catholic Mission (AFCM), also in Toronto. In 2014, he ran and went to sit in the Toronto Catholic District School Board (TCDSB). Here are some of his other involvements. He served as Floor/Stage Director of TASTE OF MANILA, the biggest Filipino event in North America. He was one of the founders of Vaughan Fiesta Extravaganza that celebrated the commemoration of the Filipino Heritage Month in Ontario. We can safely say that whether in Canada or in the Philippines, Joey's benevolent spirit burns bright.

When this pandemic struck the Philippines, Butuan City is lucky to have Joey's presence. While there, his passion for helping and serving his fellow countrymen didn't take him long to gather his friends and organized a task force called task force Covid Bougainville, driving its name from a particular street in their neighborhood. His group has been providing food and housing to poor families through their initiative called "PAGKAON MO, SAGOT KO" and "BAHAY MO, SAGIP KO." At the present time, they are able to distribute food packs to over 200 families in the neighborhood. This ongoing project also distributes over 4,500 relief goods in 25 Barangays (barrio), three checkpoints, and two hospitals. They also provide housing and free renovation to 17 families. Recently they launched their third project and named it "BAYAN MO, GAWA KO." Certainly a huge undertaking that defies words!

To friends abroad, especially those from Butuan City, Joey will surely appreciate any forthcoming help. You can email/transfer to joeyabrenilla@gmail.com or through



**Makeshift dwellings before the construction by the Task Force Covid Bougainville.**



**Newly constructed houses given to the needy families by the Task Force Covid Bougainville.**

his mobile number 0917-157-5859 and 0909-278-9116.

Bravo, Joey! Your Herculean effort, passion and generosity to help the unfortunate will yet sing you praises! We can safely say that you

are infected with a virus, not the dreaded COVID-19, but with a very admirable virus of volunteerism! May we not be immune to it; may we all catch it!

From Page 1      Biden-Trump

election results, after it was unclear how he would vote prior to the meeting.

The question of certifying Michigan's election results moved center stage amid the Trump campaign's dubious claims of voter fraud and efforts in court to delay certification and overturn the results in several key states that voted for Biden. As the Michigan board debated Monday, Pennsylvania's Supreme Court rejected the Trump campaign's effort to block the counting of certain absentee ballots -- clearing the way for votes to be certified in multiple counties, including Philadelphia. At Monday's meeting, Van Langevelde signaled that he believed he was required

to certify the vote under state law, regardless of whether he believed there should be an audit of Wayne County's election results. He said he supported an audit, but that did not mean the board should wait to certify the election first. "We must not attempt to exercise power we don't have," he said.

The other Republican on the board, Norman Shinkle, abstained. He argued that the board should not certify the election results until an investigation into voting in Wayne County -- the state's largest, which includes Detroit -- was completed. Shinkle asked the Republican-led Michigan legislature to conduct a review of the 2020 election.

Earlier this month, the Republican

canvassing board members in Wayne County initially voted against certification, before voting in favor after a public uproar. The GOP board members received a call from Trump that night, and the following day they filed affidavits seeking to rescind their votes, which they could not do so.

That shifted the attention to the state canvassing board, which also has two Republican and two Democratic members. Before the vote, the board heard from election officials like local clerks, campaign lawyers and other experts. Van Langevelde signaled his view from the outset, debating about the board's role with an attorney for GOP Senate candidate John James, who argued the canvassing board could

adjourn and wait for the results of an audit before certifying the results.

Van Langevelde disagreed. "I've had a pretty good chance to look at the law. There is nothing in the law that gives me the authority to request an audit," he said.

Shinkle came to a different conclusion. He asked Chris Thomas, who served as a senior adviser to the Detroit city clerk and has built a decades-long career serving both Republican and Democratic secretaries of state in Michigan, under what circumstances the board can delay certification.

Thomas said, "If you have the completed returns, I don't think you can adjourn," and that the only option the

## Philippine Ambassador-designate arrives in Canada



The Embassy of the Philippines in Canada is pleased to announce the arrival of the Ambassador designate Rodolfo D. Robles in Ottawa last October.

Ambassador-designate Robles' appointment as Philippine Ambassador to Canada follows a distinguished career in the Philippine private and public sectors. An honors graduate of San Beda College, he topped the Bar Exam in 1967 and proceeded to take his Master of Laws from Harvard University.

While known as founder and Senior Partner of Robles, Brillantes, Ricafrente, Nachura and Aguirre Law Firm, Ambassador-designate Robles also has the distinction of being one of the founders of Arellano University School of Law, currently one of the largest law schools in the Philippines. He has also served in the academe as Professor of Law at San Beda College and Dean of Arellano Law School from 1977 to 1983.

His storied legal career includes his election as Delegate to the 1971 Constitutional Convention and, more recently, appointment as a member of the Consultative Committee to review the 1987 Constitution. Ambassador-designate Robles is also known as the principal author of the law creating the Office of the Ombudsman and principal author of the Philippines' Miranda Doctrine. Ambassador-designate Robles is scheduled to present his credentials to the Governor-General of Canada later this year.

board has now is to certify the results. All counties in Michigan have certified their results.

Shinkle rejected Thomas' characterization that the election ran smoothly. "Smoothly is not accurate at all," Shinkle said.

Shinkle sought at the meeting to ask questions of Detroit City Clerk Janice Winfrey, who initially was not slated to speak but appeared via video, like other witnesses, after a brief recess. Shinkle asked whether the city had hired sufficient Republican poll workers for the election as required under state law, claiming Republicans who sought to work the polls were denied.

Winfrey responded that the city had hired as many Republicans as it could, but those who applied too late were not allowed to take the job.

Republican and Democratic state and local officials appeared via video to speak at the meeting. When one Republican repeated debunked conspiracy theories about the vote count, one of the Democratic board members asked whether the allegations had been submitted to the attorney general, because the canvassing board could not investigate those claims.

The Trump campaign has tried to interfere with the certification process, and Trump has courted Michigan officials as he and attorney Rudy Giuliani continue to claim without evidence widespread voter fraud and a "rigged election."

Trump met with Republican Michigan state lawmakers at the White House last week and state Republican leadership, including Chatfield, said in a statement "we have not yet been made aware of any information that would change the outcome of the election."

The Republican National Committee and Michigan Republican Party sent a letter to the board of canvassers on Saturday asking them to delay certification for 14 days. They also asked for them to wait for an audit of the election results in Wayne County, the largest county in the state that includes Detroit -- even though state law doesn't allow that.

CNN's Jake Tapper and Dianne Gallagher contributed to this report. All of Georgia's 159 counties must begin their recount efforts at 9 a.m. Tuesday, said Gabriel Sterling, voter implementation manager with the Secretary of State's office.

### Georgia recount will begin Tuesday morning

Counties must wrap up their recount by midnight on Wednesday, Dec. 2.

"They have to begin tomorrow morning by 9 a.m.," Sterling said during a new conference. "But beginning could also be if they are organizing and getting the people lined up because we want to make sure we have a lot of notice go out so we can have the monitors be there and adjudication teams, especially for the



**Poll watchers monitor people hand counting 2020 presidential election ballots during an audit at the Gwinnett County Voter Registration Office in Lawrenceville, Georgia, on Friday, November 13. Elijah**

**Nouvelage/Bloomberg/Getty Images** absentee votes first because those are the ones that are most likely to be needing adjudication."

Ballots cannot be contested by party monitors on site during this process. There will be a minimum of two monitors per party at each location where the recount is occurring, according to Sterling. Larger counties that have more than two scanners will have an additional monitor for each party per each additional scanner. Sterling said that this count, under the code of Georgia, will be the final certified version of the election results.

The Trump campaign requested the recount on Saturday, which is their right by Georgia law because the margin of Joe Biden's victory is less than 0.5%. The recount will be taxpayer-funded, and will be conducted in each county statewide using high speed ballot scanners.

President-elect Biden, who was declared the winner last Friday when the

state certified the results, has a 12,670 vote or .2% lead over President Trump in Georgia.

The state's 16 electors will now go to the winner of the popular of the vote of the state, Joe Biden.

The next step is the Secretary of State sends the board's certification to the governor for her signature.

"We appreciate the state board's recognition of the plain facts: President-elect Joe Biden resoundingly won the state of Michigan by more than 150,000 votes — 14 times the margin of Donald Trump in 2016," a Biden spokesperson said.

"We thank the state of Michigan for its support, and look forward to receiving its 16 electoral votes," said Michigan communications director Ben Halle.

## House Democrats demand immediate briefing from federal agency tasked with triggering formal transition

The Democratic chairs of key House committees sent a letter to the administrator of the General Services Administration — the government agency tasked with declaring there is a president-elect and triggering the transition process — insisting they cannot wait another week for a briefing on the transition.

The committees have been requesting a briefing because the agency's administrator, Emily Murphy, has yet to acknowledge Biden's victory and sign a letter to release funds to the Biden transition team through a process called ascertainment.

"We cannot wait yet another week to obtain basic information about your refusal to make the ascertainment determination," the Chairs wrote.

"Every additional day that is wasted is a day that the safety, health, and well-being of the American people is

imperiled as the incoming Biden-Harris Administration is blocked from fully preparing for the coronavirus pandemic, our nation's dire economic crisis, and our national security," they added.

The letter is a response to an earlier GSA offer of a 30-minute briefing with their Deputy Administrator, Allison Brigati, on Monday Nov. 30.

The Democratic chairs made it clear they were not willing to wait any longer, having made their initial request for a GSA briefing last week.

Their letter asks for a briefing tomorrow, offering multiple methods including Webex or a phone conference.

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# ENVIRONMENT

## A 65-year old man's initiative to protect his home against floods



**Gary Dabasol who lives in Matalom, Leyte has planted 10,000 mangroves over the past 8 years to protect his home from floods caused by frequent typhoons. ( Image via Dan Niez | Facebook**

The recent typhoons have made everyone worry about how nature can be so unforgiving at times. But maybe humankind has to receive a part of the accountability.

Over the years, illegal logging has denuded our mountains leading to flooding in our communities. But what have we done so far to prevent this?

A 65-year-old man in



Education is the key to personal development and the future of societies.

It unlocks opportunities and narrows inequalities.

It is the bedrock of informed, tolerant societies, and a primary driver of sustainable development.

The COVID-19 pandemic has led to the largest disruption of education ever.

In mid-July, schools were closed in more than 160 countries, affecting over 1 billion students.

At least 40 million children worldwide have missed out on education in their critical pre-school year.

And parents, especially women, have been forced to assume heavy care burdens in the home.

Despite the delivery of lessons by radio, television and online, and the best efforts of teachers and parents, many students remain out of reach.

Learners with disabilities, those

Matalom, Leyte lives in a coastal area and he knew that big waves brought about by typhoons can pose danger to his nearby home. So to prevent that from happening, he planted 10,000 mangroves in Punong Village for 8 years as a solution.

According to a feature by the Philippine News Agency, Gary Dabasol just picked seedlings of mangroves species like miyapi, pagatpat, and



**Antonio Guterres**  
UN Secretary General  
**"The Future of Education is here"**  
(Launch of the Policy Brief: Education During Covid 19 and Beyond)

in minority or disadvantaged communities, displaced and refugee students and those in remote areas are at highest risk of being left behind.

And even for those who can access distance learning, success depends on their living conditions, including the fair distribution of domestic duties.

We are at a defining moment for the world's children and young people.

We already faced a learning crisis before the pandemic.

More than 250 million school-age children were out of school.

And only a quarter of secondary school children in developing countries were leaving school with basic skills.

Now we face a generational catastrophe that could waste untold human potential, undermine decades of progress, and exacerbate entrenched inequalities.

The knock-on effects on child

nutrition, child marriage and gender equality, among others, are deeply concerning.

It is never too late to start caring for our environment. We are not the only ones who will benefit from it but the future generations as well.

Source: Jeanne Perez, Kicker Daily News (November 15, 2020)

According to Ecoviva, aside from its role in coastal defense, mangroves have many other benefits. It provides a nesting and breeding habitat for marine animals. They help in maintaining water quality since they filter and trap sediments, heavy metals, and other pollutants. They eliminate carbon in the atmosphere two to four times greater than the mature tropical rainforest.

nutrition, child marriage and gender equality, among others, are deeply concerning.

This is the backdrop to the Policy Brief I am launching today, together with a new campaign with education partners and United Nations agencies called 'Save our Future'.

We are at a defining moment for the world's children and young people.

The decisions that governments and partners take now will have lasting impact on hundreds of millions of young people, and on the development prospects of countries for decades to come.

This Policy Brief calls for action in four key areas:

**First, reopening schools.**

Once local transmission of COVID-19 is under control, getting students back into schools and learning institutions as safely as possible must be a top priority.

We have issued guidance to help governments in this complex endeavour.

It will be essential to balance health risks against risks to children's education and protection, and to factor in the impact on women's labour force participation.

Consultation with parents, carers, teachers and young people is fundamental.

**Second, prioritizing education in financing decisions.**

Before the crisis hit, low and middle-income countries already faced an education funding gap of \$1.5 trillion dollars a year.

This gap has now grown.

Education budgets need to be protected and increased.

And it is critical that education is

at the heart of international solidarity efforts, from debt management and stimulus packages to global humanitarian appeals and official development assistance.

**Third, targeting the hardest to reach.**

Education initiatives must seek to reach those at greatest risk of being left behind -- people in emergencies and crises; minority groups of all kinds; displaced people and those with disabilities.

They should be sensitive to the specific challenges faced by girls, boys, women and men, and should urgently seek to bridge the digital divide.

**Fourth, the future of education is here.**

## Starved, stuffed and squandered: Consequences of decades of global nutrition transition

**Date:** November 18, 2020

**Source:** Potsdam Institute for Climate Impact Research (PIK)

Summary: **Just a handful of rice and beans - a part of our world is starved. Hawaiian Pizza and ice-cream - another part of our world is stuffed, throwing away food every day. This gap is likely to worsen, while food waste will increase and pressure on the environment will go up, a new study shows.**

**Full story:**

Just a handful of rice and beans -- a part of our world is starved. Hawaiian Pizza and ice-cream -- another part of our world is stuffed, throwing away food every day. This gap is likely to worsen, while food waste will increase and pressure on the environment will go up, a new study shows. Researchers from the Potsdam Institute for Climate Impact Research (PIK) assessed the consequences if the current nutrition transition, from scarce starch-based diets towards processed foods and animal products, continues - the calculations combine, for the first time, estimates for under- and overweight, food composition and waste. Their findings provide a startling look ahead: By 2050, more than 4 billion

See Page 13

Global nutrition

# Filipino-Canadian Teacher Retiree brings education outreach in Africa



**Rose A. Apilado, August 2019, in Zomba, Malawi**

By: Tony A. San Juan, OCT-Retired.

Filipino Canadian educator Rosario Alcazaren-Apilado, respectably quiet but passionately determined, is on a benevolent outreach mission into one of Africa's impoverished nations. Specifically, R. Apilado has been doing continuous education and social work in the village of Liwonde, Lilongwe, Malawi in Central Africa for the past 7 years since her retirement from school teaching in 2011.

A Philippine-trained teacher, Rose as affectionately called by her family, friends, and colleagues, is proudly undertaking her Christian outreach commitment as a way of meeting her personal and professional passion for helping others in need especially in the field of learning. From 2013 up to the present, she has been sharing her efforts, assistance, time, and talent with the poor children and villagers of Liwonde in Lilongwe. Located in the central region of Malawi, Lilongwe is the capital and most populated city with more than 1.2 million residents. The country is near the borders of Mozambique, Tanzania, and Zambia in Africa.

Rose Apilado's remarkable engagements in Malawi include desirable education, curriculum, and guidance work with schoolchildren at Liwonde New Hope Community

School, the primary school she helped establish, as well as at Chinguni Catholic Elementary School. Comparatively, according to Rose, they "maybe poorer than children from other parts of the globe, but material inadequacy has not prevented them from smiling, praying, singing and acknowledging with gratitude to God's blessings and the gift of education!"

Sharing her wonderful story, Rose said that it all started while planning her school retirement. She "had been looking forward to a quiet and restful time reading her favorite books and devoting her time to painting and traveling". All that changed after traveling for an African safari in Kenya & Tanzania and mountain climbing at Mount Kilimanjaro in Tanzania and Mt. Mulanje in Malawi. While visiting missionary friends before flying home to Canada she met leaders of the Evangelical Baptist Church and the Catholic parish in Malawi who pleaded with her to volunteer in putting up a primary school in their village. In Liwonde, many children are very poor and could not go to school due to distance and lack of resources for a much-needed education. She decided to return in 2013 and started a Kindergarten class with 5 students in September and ending the school year with 27 students. In 2014, the school was officially registered with the government under the Evangelical Baptist Church of Malawi.

Every year Rose travels back to Malawi bringing in-kind support like books and educational materials & sports supplies for the school and also personal gifts to the children and the villagers coming from generous donors in Canada. She also helped single, unwed mothers and the aged in the village. An Ilongga from Capiz, Rose's other focal activities cover also community outreach projects through Emmanuel International in the ravaged city of Marawi, in southern Philippines.

An Ontario certified teacher, she has taught elementary grades at TDSB, MSSB, and the Dufferin Peel Catholic District School Board(DPCDSB). Earlier in Canada,



**Rose Apilado's Standard 7 students in Liwonde, Lilongwe, Malawi.**

while working as a secretary-receptionist on weeknights and weekends, Rose enrolled at the University of Toronto where she completed her Bachelor of Arts equivalency degree as well as satisfying the in-service requirement for a Bachelor of Education degree at York University. Starting as a teacher assistant, she became a permanent teacher, handling classes from Kindergarten to Grade 8 in all subject areas including ESL and Special Education assignments.

True to her profession, she is one of the organizers and later became the President of the Philippine Teachers Association of Canada(PTAC) in 2015-2016. PTAC is a social-professional organization of Filipino-Canadian certified and practicing educators in Ontario.

Happily married to Arthur Apilado with 4 adult children, Rose now fully retired, still does some traveling, visiting, and helping the school children, staff, and villagers in Liwonde whenever she finds time and opportunity. She takes pride by always saying: "What a joy to see Christians, Muslims, non-affiliated children, in one school, their secondary home who are happy, living in harmony, as well as young minds bursting with zest for learning!" Zikomo kwambiri! Thank you. ( Tony A. San Juan, OCT-Retired)

**"He who opens a school door, closes a prison."  
Victor Hugo**

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**Students from Cambodia, Tunisia and Venezuela pose with the founder & director-general, Zenaida F. Kharroubi (Class 2006)**



**French 2 Class 2007**



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**Cambodian students Class 2011**

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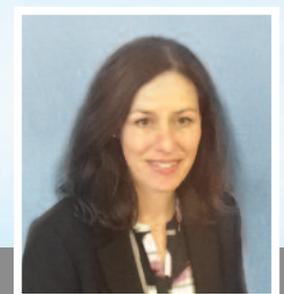
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## Cooking with love provides food for the soul.

### Sweet and Sour Pork



#### Ingredients

##### For the Sweet and Sour Sauce

1 cup of water  
1/2 cup ketchup  
1/2 cup rice vinegar  
1/2 cup rock sugar (or caster sugar)  
1/2 tablespoon potato starch (mixed with 1 tablespoon water)  
Salt (to taste)

##### For the Pork Marinade

1 pound pork tenderloin (cut it into 1-inch cubes)  
1 tablespoon light soy sauce  
1 teaspoon dark soy sauce  
1 tablespoon rice wine  
1/2 teaspoon five-spice powder  
1/4 teaspoon ground white pepper  
2 cloves garlic (minced)  
1 egg (lightly beaten)  
3 tablespoons corn flour  
1 tablespoon plain flour

##### For the Stir-Fry

3 cups oil (for deep-frying the pork)  
1 tablespoon cooking oil  
1 clove of garlic (sliced)  
3 1/2 ounces fresh pineapple (or canned pineapple, cut it into 1-inch chunks)  
1/2 yellow bell pepper (cut into 1-inch diamond shape)  
1/2 green bell pepper (cut into 1-inch diamond shape)

1/2 white onion (diced small)  
Garnish: 1/2 tablespoon white sesame

#### Directions:

Prepare Sweet and Sour Sauce  
Take a saucepan and put all the ingredients in the saucepan and mix evenly before you start cooking. You must stir the sauce all the time just in case the sauce turns lumpy.

Bring the sauce to a boil then turn the fire to the lowest temperature and simmer until the sauce texture has turned thick and sticky. Then it's ready.

#### Marinate the Pork

Marinate pork with soy sauce, rice wine, five-spice powder, ground white pepper, and minced garlic for 10 minutes. Add egg, corn flour, and plain flour into pork marinade mixture and mix them evenly. Keep it in the refrigerator for 30 minutes.

#### Stir-Fry the Pork

Heat up 3 cups oil in a wok or deep saucepan to 325 F/ 170 C.

Gently slide in the pork tenderloin cubes and deep-fry until golden brown in color. Line a couple of sheets of kitchen towel on a plate and place the cooked pork onto the plate.

Heat up 1 tablespoon oil in a wok and stir-fry 1 clove garlic and onion until the fragrant aroma comes out.

Add bell peppers and pineapple into the wok and stir-fry for 30 seconds.

Add the pork back into the wok with all the vegetables and pineapple, along with the sweet and sour sauce, and mix evenly. You can alter the amount of sweet and sour sauce you want to use.

Garnish with the sesame seeds.

Serve and enjoy!

From Page 5 Anxiety, criticism

Revenue Agency said it won't require prepayment before paying out the aid. But the CRA said any rent expenses that haven't been paid when a company applies will have to be paid within 60 days of receiving the subsidy.

"The government had all summer to come into September with draft legislation that is properly thought out to support small businesses and they blew it," said Conservative MP Pat Kelly, his party's small business critic.

"This is the first day that small businesses have been able to apply for the rent subsidy. Most didn't even qualify for the old subsidy, but even for those that did, that program expired in September, and December's rent is a little over a week away."

CRA promising little red tape

The CRA said its online application and automated verification system should process claims on Nov. 30 and issue payments within three to

five business days.

The CRA also promised little red tape for applicants for whom the agency doesn't have information already on file to verify a claim. In those cases, applicants or third parties like landlords might be contacted for information on lease agreements and mortgage payments.

Statistics Canada reported last week that commercial rents rose by 0.7 per cent in the third quarter of the year, after a record 1.8 per cent plunge in the second quarter when the economy took a nose dive due to COVID-19.

Rents for office buildings rose at the fastest pace, followed by industrial and then retail buildings.

The national statistics agency said the rise in commercial rents in the third quarter "reflected the gradual ending of rent relief and abatement that began in the second quarter."

## Alex Trebek, host of 'Jeopardy!,' dies after battle with pancreatic cancer



By Chris Jancelewicz Global News (November 8, 2020)

Alex Trebek, the host of syndicated game show Jeopardy! since 1984, passed away from pancreatic cancer Sunday. He was 80 years old.

The official Twitter account of Jeopardy! posted Sunday afternoon announcing the news, saying Trebek was surrounded by friends and family when he passed away.

The Canadian-born host revealed he was suffering from Stage 4 pancreatic cancer in a video posted to the show's official social media channels on March 6, 2019.

"Now, just like 50,000 other people in the United States each year, this week I was diagnosed with Stage 4 pancreatic cancer," he said. "Now normally, the prognosis for this is not very encouraging, but I'm going to fight this, and I'm going to keep working."

"And with the love and support of my family and friends and with the help of your prayers, also, I plan to beat the low survival rate statistics for this disease," he said.

He then joked that he has to keep working due to contractual obligations.

"Truth told, I have to! Because under the terms of my contract, I have to host Jeopardy! for three more years! So help me. Keep the faith and we'll win. We'll get it done."

After the news about this death, many celebrities took to Twitter and expressed their condolences.

Born George Alexander Trebek (he later went by the simpler "Alex") on July 22, 1940 in Sudbury, Ont., he grew up in a bilingual French-English household and was fluent in both languages – something any fan of Jeopardy! knows. He graduated from the University of Ottawa with a degree in philosophy in 1961, but found himself becoming interested in news reporting and broadcast journalism.

He landed a job at the CBC, and began his career as a news reporter and sportscaster. Trebek was a TV host for the first time on CBC's Music Hop, and in 1966 he hosted the high-school quiz show Reach For the Top, a game with an ironically quasi-Jeopardy!-like format.

Prime Minister Justin Trudeau shared his condolences in a tweet on Sunday, saying we have "lost an icon."

"Almost every night for more than three decades, Alex Trebek entertained and educated millions around the world, instilling in so many of us a love for trivia," he wrote. "My deepest condolences to his family, friends, and all who are mourning this tremendous loss."

In a statement issued later on Sunday, Trudeau recalled how Trebek promoted Canada and stumped contestants with questions about the country.

"We will also never forget the night Alex showed up without his trademark moustache," he said. "For every

memorable moment on the show, millions more were made in living rooms around the world, as friends and families huddled around the TV, shouting at the screen, looking for the Daily Double."

From there, he moved to the United States to further his career, and he hosted a multitude of other game shows like High Rollers and Double Dare, but none really gained any traction until media mogul Merv Griffin and CBS signed him on to the Jeopardy! revival. No one ever replaced Trebek as host (even temporarily) once he started in '84.

Trebek also simultaneously hosted memory-match game show Classic Concentration from 1987 to 1991, and became one of the best-known game-show hosts in the industry. Over the course of his career, he won five Daytime Emmy Awards for Outstanding Game Show Host.

Trebek holds the Guinness World Record for most episodes of a game show hosted, with an astonishing 6,829 episodes as of June 2014, when the award was bestowed.

Despite his many years as host of a trivia show, Trebek never became pompous and didn't act like he was some all-knowledgeable being. He said in a 2008 interview that he retained some of the information from the show, but not very much.

"I've always been up on trivia, and on general knowledge. But as I've gotten older, I've forgotten more," he said. "It's more difficult for me to retrieve it now, from my little brain cells, which are shrinking and dissolving by the minute. If a clue has to do with something I'm interested in, I'm more likely to retain the information. If it's not, then I read it and it's gone. But I must retain some element of it, because on some occasions, I'll tune in and watch, and I'll be able to come up with correct responses in subjects that I really know nothing about."

He wasn't all seriousness, however; he was a frequent guest star on TV shows, including How I Met Your Mother, Hot in Cleveland and the 2014 series finale of The Colbert Report. On April Fool's Day in 1997, Trebek and longtime Wheel of Fortune host Pat Sajak traded places – Sajak hosted Jeopardy! and Trebek hosted Wheel along with Sajak's wife, Lesly.

Trebek could also take a joke, and he was lampooned on multiple occasions on Saturday Night Live, The Simpsons, Family Guy, and The X-Files, among many others. Trebek's favourite parody, however, was by fellow Canuck funnyman Eugene Levy, who played "Alex Trebel" on Half Wits.

"I thought Eugene captured the private horror a game show host experiences trying to keep things moving on a day where everything is going wrong," said Trebek.

In 2011 at age 71, the hearty host famously chased down a burglar who'd broken into his San Francisco hotel room.

"I deal with answers and questions," Trebek told the Jeopardy! crowd the following night. "And today I'm going to start with the answer to a question I suspect is on many of your minds right now. The answer is 'At 2:30 yesterday morning, chasing a burglar down the hall... until my Achilles tendon ruptured and I fell in an ignominious heap, bruising my other leg in the process.'"

Indeed, Trebek was a workhorse; he suffered two minor heart attacks, one in 2007 and another in 2012, but returned to his hosting duties almost immediately afterwards.

He leaves behind his wife, Jean Currihan, and their two children, Matthew and Emily.



## Social Tidbits Community News

**Fely Rosales Cariño**

Well, Hello-o-o-o! Watch out for Filipino Heritage Society of Montreal (FHSM) Chairman Mr. Al Abdon! He could catch you smiling on his candid camera! You may ask, "Am I not even allowed to smile anymore? On the flip side, is there any more reason to smile? Because of this pandemic, our nerves are jangled, we are on pins and needles. Our world is upside down not knowing when we could claim the sweet slices of life we once had. Yet, as we see the autumnal multicolored falling leaves disappearing, we are coping. Let's give ourselves a little pat on the shoulders. Despite this pandemic, life shall go on. Have a deep breath, be brave, and let's abide by the rules of social distancing, using masks and frequent washing of hands. Most of all, as we take care of our physical needs, may we also take care of our spiritual needs. Only God can do a miracle! Only He can save us from spiritual shipwreck. Phew! Pinch yourself, alas, we are still alive! We count our blessings!

Here's some senior news! Most seniors from different Filipino organizations in Montreal have frequently asked me this question, "How are we going to meet the expenses when we run out of our retirement savings? Seniors want to be independent as long as they can, preferring not to rely on their children for future needs. As of now, some seniors are not yet thinking of how to meet medical expenses in case of health issues such as stroke, heart attack, diabetes, etc. As of now, they are still mobile. They can still attend social activities, go to bingo games, go to casinos, etc. But some are starting to get worried about their financial needs as

they go on forward. Most worry about what will happen when they will be unable to dress themselves, feed themselves, and perform activities of daily living. To alleviate their concerns, I reached out to an expert on Long Term Care Insurance (LTCI) in the person of Mr. Derwin Mandap Collantes, a colleague during our Mabuhay Montreal TV (MMTV) days. Derwin is a Financial Security Advisor of Sun Life Financial Distributors of Canada, Inc. His expertise includes RRSP, TFSA, RESP, Mutual Funds, and many more. To give a little preview of LTCI services, benefits range from \$150-\$2,300/ week. This amount can come in handy in case of accidents, strokes, or other health issues. When one loses the ability to care for oneself and cannot perform 2 of the 6 daily functions of bathing, dressing, toileting, transferring, continence, and feeding, the benefits can be used to hire someone to meet these daily needs. This is a great relief from financial burden as well as giving a sense of peace. There are other advantages of LTCI. If you are interested, as some have told me, please contact Derwin Collantes at 514-924-3274. He is the one person I endorse to help meet your retirement goals. All of the information above were outlined in Derwin's letter to me dated October 28, 2020.

Here are some updates from the federal government through MP Anthony Housefather. Anthony Housefather joined his colleagues to criminalize forced Conversion Therapy for minors. It was agreed that the change of sexual orientation or gender identity has been discredited, noting that the therapy is a cruel practice and can lead to lifelong

trauma. On the Covid19 front, Housefather made some interventions so that the Canada Emergency Business Account (CEBA) will be available to businesses to keep their doors open, retain their employees and help recover quickly when the time comes. Here is also an update on vaccines. Recently, Prime Minister Justin Trudeau announced the investment of \$214 million for Made-in-Canada vaccines. The government has also signed with Medicago to secure up to 76 million doses of their vaccine, enough to vaccinate 38 million people. In addition, the government also signed agreements with Astratenca, Sanofi, Johnson & Johnson, Novavax, Pfizer, and Moderna for the procurement of vaccines. And here's an important announcement for seniors. The Government of Canada has launched an appointment process for the National Seniors Council to fill current and upcoming vacancies. This body provides the government with advice on the current and emerging issues and opportunities related to the health, quality of life, and well-being of seniors. Appointees will serve on commissions, boards, and tribunals across the country.

Likewise, here are some updates from Snowdon City Councilor Marvin Rotrand. He is informing the public of STM's intention to build a \$500 million dollar subterranean facility next to the Snowdon metro station. This is a huge project that will cause traffic disruptions but when completed, will facilitate an increase in service in the Blue and Orange lines. The city of Montreal has also followed up on Rotrand's consultation of residents in 2016 regarding the naming of a park in the Triangle district north of Jean Talon for Saidye Bronfman, a well known philanthropist. Rotrand's other motion is to name a park under construction in Westbury/Decarie in honor of Ellie Wiesel, a Nobel laureate and Holocaust survivor.

Now from Dollard des Ormeaux with love. Because of the pandemic, the traditional Volunteer Night wasn't celebrated the usual way – with a party, drinks, barbecue, good conversation, and fellowship with different DDO

organizations. In place of this, Mayor Alex Bottausci and councilors Laurence Parent (District 1), Errol Johnson (District 2), Mickey Max Guttman (District 3), Herbert Brownstein (District 4), Morris Vesely (District 5), Valerie Assouline (District 6), Pulkit Kantawala (District 7), and Colette Guthier (District 8) did their best to show their appreciation to volunteers who helped with all the activities going on as scheduled. Volunteers were all invited to pick up their gifts in the comfort of their cars to parking lot 3 of the DDO Civic Center located at 12001 de Salaberry. As a volunteer myself, I was eager to discover my gift, which I opened immediately. In a lovely box, I found four tall glasses with the DDO logo and the number "60" engraved on it, indicating DDO's 60th year anniversary. That was a nice gesture!

Mayor Bottausci is very optimistic about the city's financial strength. This year, seven million is being invested in the city's road network and 3 million in the water and sewer system. In addition, \$350,000 is earmarked to convert park lights to LED lights to improve resident safety and security as well as promote emergency savings. Thanks Mayor Bottausci and councilors for investing wisely!

My congratulations to the newly elected FilCan Idol Officers: Mark Alvin Simbulan (President), Cristine Visaya Toca (Vice President), Aaron Dalangin (Secretary), Rochie Banaag (Assistant Secretary), Dino Arjona (Treasurer), MJ Cabana (Press Relations Officer), Adiva Ross Estinoso (Director of External Affairs) and Svetlana Suarez (Coordinator). President Mark, everyone is waiting for your first activity. Knowing your group, you will give us something sensational worth waiting for, right? Can you give us a clue?

In closing, these are very difficult times, indeed. Gathering together to celebrate Christmas might involve a new set of restrictions, but let's continue to hope. We are never without hope because we have a God of Hope. We celebrate the CHRIST of CHRISTmas. So here's hoping that it will be the 'Most Wonderful Time of the Year,' as Andy Williams sang.

From Page 8 Global nutrition

people could be overweight, 1.5 billion of them obese, while 500 million people continue to be underweight.

"If the observed nutrition transition continues, we will not achieve the United Nations goal of eradicating hunger worldwide," explains Benjamin Bodirsky from PIK, lead author of the study just published in Scientific Reports. "At the same time, our future will be characterized by overweight and obesity of mind-blowing magnitude." By 2050, 45 percent of the world's population could be overweight and 16 percent obese -- compared to about 29 and 9 percent in 2010. This development is due to the insufficient global distribution of food as well as to the shift from scarcely processed plant-based diets towards unbalanced, affluent diets, where animal protein, sugar and fat displace whole grains and pulses.

And that's not all as Bodirsky underlines: "The increasing waste of food and the rising consumption of animal protein mean that the environmental impact of our agricultural system will spiral out of control. Whether greenhouse

gases, nitrogen pollution or deforestation: we are pushing the limits of our planet -- and exceed them."

### **Food systems as driver for greenhouse gas emissions**

Crop and grazing land for food production cover about one third of the global land area; our food system is responsible for up to a third of global greenhouse gas emissions. The study projects that -- if current trends continue -- global food demand will increase by about 50% between 2010 and 2050, the demand for animal products like meat and milk will approximately double, a development that requires more and more land.

"Using the same area of land, we could produce much more plant-based food for humans than animal-based food," explains co-author Alexander Popp, head of PIK's Land Use Management Research Group. "To put it in a very simplistic way: If more people eat more meat, there's less plant-based food for the others -- plus we need more land for food production which can lead to forests being cut down. And greenhouse gas emissions rise as a consequence of keeping more animals."

Global food demand: distribution and education are at the heart of the problem

The study provides a first-of-its kind, consistent long-term overview of a continued global nutrition transition from 1965 to 2100, using an open-source model that forecasts how much of food demand can be attributed to factors like population growth, ageing, increasing height, growing body mass index, declining physical activity and increasing food waste. Co-author Prajal Pradhan from PIK explains: "There is enough food in the world -- the problem is that the poorest people on our planet have simply not the income to purchase it. And in rich countries, people don't feel the economic and environmental consequences of wasting food." But redistribution alone would not be sufficient, as actually both the poor and the rich eat poorly: There is a lack of knowledge about a healthy way of life and nutrition.

### **How to trigger an appetite for change?**

"Unhealthy diets are the world's largest health risks," co-author Sabine Gabrysch, head of PIK's Research Department on Climate Resilience explains. "While many countries in Asia

and Africa currently still struggle with undernutrition and associated health problems, they are increasingly also faced with overweight, and as a consequence, with a rising burden of diabetes, cardiovascular disease and cancer," she adds. The study could provide valuable orientation about the potential development pathway of different countries and regions. It could also support much-needed pro-active policies for a qualitative transition towards sustainable and healthy diets.

Sabine Gabrysch concludes: "We urgently need political measures to create an environment that promotes healthy eating habits. This could include binding regulations that limit the marketing of unhealthy snacks and promote sustainable and healthy meals in schools, hospitals and canteens. A stronger focus on nutrition education is also key, from early education in kindergarten to counseling by medical doctors and nurses. What we eat is of vital importance -- both for our own health and that of our planet."##

# FILIPINO STAR

## SHOWBIZ GOSSIP

### John Lloyd Cruz explains reason behind indefinite leave



**John Lloyd Cruz**

In a rare instance, actor John Lloyd Cruz has granted an interview with TV host Boy Abunda. And this time he talked about the reason why he opted to stay away from the limelight the past three years.

"Huminto man ako ng matagal pero hindi rin naman ako tumitigil ng paggawa kahit panaka-naka. Binibigyan rin naman ako ng magagawa ng mga kaibigan ko," John Lloyd said in that effect, noting that those times that he's not behind the camera were also "enriching."

The 37-year-old star believes withdrawing from being an actor was something he needed to do.

"Kailangang huminto at magnilay-nilay. Parang kailangan ng medyo dumistansya... Parang gusto mong maging... (para) malagyan mo ulit kailangan mo munang ubusin," was how he put it.

Asked if it was burned out because he had too much and mentally got tired of the setup, John Lloyd shook his head.

"Parang hindi naman siya istoryang napagod. Siguro at one point you realize na sobrang ikli pala ng buhay so gusto mo lang,

somehow, mabigyan kahit papaano ng halaga at atensyon 'yung mga bagay na hindi mo pwede ikaila, hindi mo siya madeny. Kailangan mo siyang gawin, otherwise ayaw mong tumanda na nagtataka kung paano kung sinubukan mo," he explained.

"Parang nabigyan ka ng opportunity to experience knowledge or wisdom, parang reversible na siya. Parang andu'n na siya. 'Pag alam mong ito 'yung dapat mong gawing tama, parang lolokohin mo na lang sarili mo kung ide-deny mo ang sarili mo na magawa 'yung gusto mo," he added.

Then he went on that his decision, which was a product of what had happened to him for the past five years, was something that was hard to articulate.

"Tingin ko marami pa ring sinsabi 'yung mga lumilipas na sandali ngayon. Mas masarap kung mag masid na lang, makinig, at 'wag na lang magsalita pa."

John Lloyd also talked about how consuming the demand for his work was asking for.

"Nakakaubos 'yung dine-demand ng trabaho at bilang creator gusto mo laging

makapagbigay ng something worth their time. Kung ubos ka, mahirap ma-deliver 'yun. Walang bagong laman ang utak mo," he expounded.

John Lloyd noted how he loves to get offers that make him nervous. "Iba 'pag you encounters work na mabo-bobo ka."



Meanwhile, asked about the state of his mind right now, and if he's happy, John Lloyd couldn't agree more.

"Wala na yatang mas liligaya pa 'pag meron kang maliit na anak, two years old, na ang kulit," he excitedly shared, seemingly referring to his son Elias with former flame, actress Ellen Adarna.

"Lupit! May little savior," he added. ■

### Willie Revillame sells luxury car, donates proceeds to Typhoon Ulysses victims



**Willie Revillame**

Willie Revillame sold one of his luxury cars and donated all of the proceeds to Marikina City to help its residents who were severely affected by Typhoon Ulysses.

He revealed his decision while speaking to Marikina Mayor Marcy Teodoro over the phone, as seen in a video on the "Wowowin" YouTube channel last Saturday, Nov. 14.

Revillame said that he sold his Range Rover for P7 million and will be giving the amount to aid Marikina's relief efforts. Though he bought it for P12 million back in 2018, he stressed that he does not regret his decision to sell it for a much cheaper price.

"Aanhin ko yun nasa garahe lang? Sa panahon na 'to, hindi ko kailangan ng ganyan," he said.

(What will I do with [a car] that is only in the garage? During times like this, I do not need anything like that.)

Along with the earnings from the sale of his car, Revillame added P5 million to his donation to Marikina.

"Nandito po kami, nandito po ako. Hindi ko kailangan ng posisyon," he assured Teodoro. "Kailangan ko ho ng pagmamahal para sa inyo."

(We are here, I am here for you. I do not need a position. I need love for all of you.)

Aside from Marikina City, Revillame revealed that he also gave P5 million to Montalban, Rizal, which was also heavily damaged by the typhoon.

Typhoon Ulysses ravaged the country from the evening of Nov. 11 until the morning of Nov. 12. The damage it caused has been compared to that of 2009's Typhoon Ondoy, when Marikina was also one of the cities hardest hit by said calamity.

## Liza Soberano on social media break: 'I needed to think about life'



**Liza Soberano**

Liza Soberano explained that she has not been active on social media lately because she needed to spend time with family while also reflecting on life and her goals.

"Hi everyone! Sorry I've been [missing in action] for a while," the actress said on her Twitter page yesterday, Nov. 10.

"Just savoring the time I have with the people most special to me," she added. Soberano is currently in the United States with her boyfriend Enrique Gil to take care of her ailing grandmother.



"But I do constantly have all of you at the back of my mind and I just want to say thank you

so much for all the love and support everyone has been showing me this past month," Soberano assured her fans.

She noted that the past weeks have been a "very trying time" for her as well. While she wanted to share with her supporters how she was feeling, she expressed that it was "just too soon" for her.

Instead, Soberano used the time away from social media to reassess her plans in life.

"I needed to take a break and think about life, my goals and what I think my mission is in life," she stated.

Prior to stepping away from social media for a while, Soberano was accused of becoming a member of an alleged communist front. The accusation came when she spoke in an online seminar by the youth arm of women's rights group Gabriela.

Soberano joined the virtual event days after filing a case against an internet provider employee who posted a rape threat against her on social media last September. Amid these, Soberano remained supported by fans and fellow celebrities who commended her.

## 'Very scary': Maureen Wroblewitz on having COVID-19



**Maureen Wroblewitz**

Model Maureen Wroblewitz revealed that she tested positive for novel coronavirus disease 2019 (COVID-19).

In her Instagram account, the first Filipino winner of "Asia's Next Top Model" said her experience is very scary.

"Hello everyone, some people know that I've been sick for the past few days and I actually wanted to keep this information private but I feel the need to spread awareness about such an important topic. I was tested positive for Covid-19 and I've been in home quarantine for 2 weeks," she said.

"It has been a very scary experience and it has most definitely taken a toll on my mental health. I am much better now and I am grateful to be alive. This experience has taught me a few things. That I should never let my guard down at a time like this, to trust my gut instincts and also that the only person you can really trust is yourself."

Maureen also shared some pieces of advice to be safe from the virus.

"You can't rely on other people to keep you safe. Sometimes not even the people closest to you, friends that you think will always have your back. You really have to protect yourself because there are people out there who don't care if you get infected,"

she said.

"Please be vigilant as you can catch the virus so easily. Make sure to always wear a mask & face shield wherever you go (if you see people who aren't wearing them properly, kindly advise them to do so. Nose and mouth both need to be covered by the mask and the face shield shouldn't sit on top of the head either. Be extra careful because you never know how long someone's been wearing their mask already) practice social distancing and boost your immune system with lots of Vitamin C, B, and D," she added.

Maureen thinks that although she is lucky for only having mild symptoms, she reminded the public that not everyone has a strong immune system.

"If there is no reason to go out, stay home! I am very lucky to have only had mild symptoms but there are enough people out there who aren't as fortunate. Think about your parents or grandparents who are at a higher risk of getting severe symptoms. Not everyone you see outside has a strong immune system and may even have other medical conditions. Please be responsible when you go out and protect yourself first in order to protect others! Stay safe and healthy everyone," said the girlfriend of singer JK Labajo. ■

**Showbiz Gossip** *Continued from p.15***Rachelle Ann Go admits she was reluctant at first to have a baby****Martin Spies & Rachelle Ann Go**

Rachelle Ann Go is now expecting her first child with husband Martin Spies but the theater actress admitted she was initially reluctant to pray for a baby.

She said this in an Instagram post while confessing that months before learning she's pregnant, she was not sure if she is already prepared to become a mother.

"If you asked me few months ago when are we going to have a baby... I will always tell you that 'I'm not ready yet!!' and 'maybe next year, I still need to finish my contract/show!' When everything shut down here, I felt like maybe this is the right time to start a family... I kept looking at baby videos! It was so weird because I know I was too scared to give birth," she said.

"Also, I was reluctant to pray for it because what if I'm not ready to be a mama yet?! I had to be sure I was ready because in my experience, every time I ask God for something He usually gives it right away," she added.

And then the day finally came when she and Spies both prayed about building their own family.

"I remember I told God, 'Lord if you think we are ready, then okay fine give us a baby!!!' Then surprise... we have this blessing right away," she said.

Meanwhile, Go has a message for all the women who are also scared to face motherhood just like her.

"You might be like me, scared to face motherhood... It's okay to feel that way and acknowledge that. It is really scary but remember we are strong women. Don't let other people's experiences turn you off (I've heard so many horror stories), our bodies are all different. We can all cope. You can cope with it," she said.

Go also told those who are praying for a baby for a long time to just be patient and just trust in God's timing.

Go debuted her baby bump in a vlog post last Friday. The video also documented their excited reaction to the news, when they first found out last August.

The couple also teased that they already know the gender of their baby, but they are saving that reveal for a later date.

Go and Spies got married in April 2018. ■

**Heartbreak makes a better actor: What Iza Calzado has learned after 18 years in showbiz****Iza Calzado and Jameson Blake portray lovers in the iWant TFC original series 'Loving Emily.'**

"Loving Emily" star Iza Calzado credits her "wealth of experience" in her personal life for her ability to lend truth to her acting — a reminder which she imparted with her co-star Jameson Blake, who is a relative newcomer in showbiz.

The 38-year-old actress, whose career spans 18 years, is paired with Blake in the just-released iWant TFC original series. Blake, 23, made his professional



debut as an actor in 2016.

Despite being a neophyte, Blake has reaped praise for his acting talent, earning him consecutive starring roles in film and series. But for the former "Pinoy Big Brother" housemate, "There's always room for improvement."

That improvement, Calzado

told Blake, will be drawn from real-life pains and triumphs that would further lend truth to one's performances.

"The learning never stops and it should never stop," Calzado said. "Life never stops. The wealth of experience that you gain because of the life that you live will show in the work that you do."

"I think it really takes time. It takes, again, a wealth of experience. You'll have to have your heart broken, shattered to pieces."

She said, laughing, that Blake's first heartbreak, once it happens, will serve to make him a better actor.

"Let it flow. That's also something I have to remind myself, a lot. I have to let it flow. It's there," she told Blake. "With the experience, it will flow even better. As long as you're focused and you really put your heart and soul into what you do, gagaling ka lang nang gagaling."

Calzado and Blake spoke on the topic during a recent virtual conference for "Loving Emily," a seven-part series directed by Gerardo Calagui which is now streaming on iWant TFC. ■

# Aiko not ready to throw in the towel in battle with the bulge



**Aiko Melendez**

For Aiko Melendez, “strong is the new sexy.”

Instead of letting her worries gnaw at her while in quarantine, she figured that she could use her free time better by working on her fitness—and achieve her body goals in the process.

“During this pandemic, I realized that you really need to take care of yourself ... We have to look after our body and immune system. And somehow, it was when I started to get old that I felt like I was losing weight,” she told the Inquirer in a virtual conference for the GMA 7 drama series “Prima Donnas,” which resumed airing new episodes on Nov. 9.



The 44-year-old actress, who has been posting photos of her progress on Instagram, hopes to reach her target weight before her birthday on Dec. 16.

“After we were put on lockdown, I focused on working out because I didn’t have anything to do anyway. Kinarir ko,” said Aiko, who also hopes to inspire other people with her wellness journey.

“I wanted to set an example for others that just because you’re getting old doesn’t mean you have to neglect yourself. Now is a good time to take care of yourself. If you

can inspire people, why not? That’s what I hope to do,” she added. “Instead of feeling lonely at home, I wanted to spread positivity.”

As a celebrity, she feels that she owes her fans and audience to look her best onscreen. “I don’t want to be bashed anymore,” she admitted. “When I look at the monitor, I see that I look good in front of the camera, that’s my gift to my audience.”

But the process isn’t exactly a walk in the park. There were many instances, she admitted, when she felt like throwing in the towel. “Sometimes, my weight would yoyo. But Katrina (Halili, her costar) would tell me, ‘Kaya natin ‘yan,’ when I recently put back 4 pounds,” she said. “But, thankfully, I’m getting the work done. It takes lots of dedication and discipline to do the things we want.”

Inspiration also helps. And Aiko gets that from her loved ones, friends and fans. It’s especially heartening, she related, when she gets messages and comments on Instagram from people who find strength in her posts. “Sometimes, my followers would thank me for encouraging them. And I don’t want to stop because of that,” she said.

In “Prima Donnas,” Aiko plays the contravida, Kendra, who’s out to torment the lives of Lilian (Halili), Donna Marie (Jillian Ward), Donna Belle (Althea Ablan) and Donna Lyn (Sofia Pablo) in her quest for power, love and ambition.

Most of Aiko’s previous shows had her playing villains—



and popular ones at that. But next year, she said she would like to take a break from that and explore other types of characters.

“Prima Donnas’ may be my last contravida role for now. I want to try something different, because playing villains is draining, and my fans would get tired of me,” she pointed out.

The first day of their lock-in taping felt different ... lonely, almost. Because from a 100 or so people on the set, they’re down to a handful.

“It’s sad because there were just a few of us. And that also means that things are more hectic. The following days were a lot better. We understand that this is for our safety. The anxiety went away. And now we’re excited,” she

said.

Luckily, for the Kapuso star, her kids Andre, 22 (with Jomari Yllana), and Marthena, 14 (with Martin Jickain), are now old enough to understand the current setup; why she has to be away for longer periods.

“My daughter is busy with online classes in the morning. So, it’s only at night that my children start to miss me. But, luckily, we have technology—FaceTime, Messenger ... It’s different because earlier this year, we were together all the time,” Aiko related. “I just have to explain that I need to work and that I’m blessed that I have work in these times.” ■

# Heart Evangelista is among Forbes France's most fashionable influencers



**Heart Evangelista**

Actress and fashion icon Heart Evangelista has been hailed as one of the world's Top 10 Luxury Influencers by Forbes France.

Evangelista shared the good news via Twitter last Saturday, Nov. 21., as she expressed her gratitude to Forbes France for the recognition.

"Thank you @Forbes France," she said.

The actress's tweet came with a screenshot of the Forbes France list that includes a link to



her Instagram page (@iamhearte), where she has over 7.1 million followers.

Evangelista, the only Filipina on the list, came in at number 10. The list was topped by Italian entrepreneur, fashion blogger, designer and influencer Chiara Ferragni.

From joining Paris Fashion Week to making fashionable face masks, Evangelista has been known for her style and fashion taste for the longest time.

Even before the Forbes France recognition, Evangelista has gained renown internationally in the fashion industry. In October 2019, she was hailed as one of the Top 10 Influencers by Fashion Week alongside the likes of Cardi B, Christina Aguilera, Anna Kendrick, Sandra Park and others.

Evangelista was also included in the Vogue 100 list in November last year.

With the ongoing global pandemic, however, Evangelista decided to cancel her plans to attend fashion week events for now. The actress instead has been helping out fellow Filipinos by donating to and supporting fundraisers. ■

# Meet Philippine Air Force reservist Sgt. JM de Guzman



**JM de Guzman**

After months of training, JM de Guzman is now a Philippine Air Force reservist with the rank of sergeant.

On Sunday, the actor announced on Instagram that he has completed Basic Citizen Military Training as he shared a "sneak peak" of his graduation ceremony.

"Finally after 8 months, i

caption.

"As a reservist, I'm ready to serve my country, help those in need of help, or in the dark (as cliché as it may sound) because I was in need of help before and was also in the dark too. So I know how it feels like. Blessed and graced to stand up again and make things right and now it's time for me to give back. It will be easier for me to do this with the



**Sgt. JM de Guzman during combat training**

finished my Philippine Air Force, Special Basic Citizen Military Training CL-2020 (lectures, drills, and rigorous simulations and trainings) of Air Force Reserve Command conducted by 1st Air Reserve Center. Special thanks to Lt. Col Hermie Calubiran Jr. PAF. I learned a lot about myself, character, and gained a lot of wisdom in this training. My respect higher to our soldiers," de Guzman wrote in the

guidance and support of our astig regular soldiers. At siyempre ang sinumpaang tumulong protektahan ang Inang Bayan. Shout out to my wrestling coach, Air Force Staff Sgt. Jimmy Angana for the help," the actor added.

De Guzman first announced that he enlisted to be a reservist for the Philippine Air Force last March.

# The scientists who developed the Pfizer/BioNTech Covid-19 vaccine are a Turkish-German power couple

Kara Fox and Frederik Pleitgen, CNN  
Updated 4:49 PM ET, Tue November 10, 2020

(CNN) Scientists Ugur Sahin and Ozlem Tureci have dedicated their lives to the field of oncology and infectious diseases, and spent years pioneering personalized immunotherapy treatments for cancer.

But amid the coronavirus pandemic, the couple's groundbreaking research in the field of modified genetic code has catapulted them into the public eye, as the brains behind the world's first effective coronavirus vaccine.

Sahin, 55, and Tureci, 53, set up BioNTech in the central German city of Mainz in 2008. On Monday the company's partner, US pharmaceutical giant Pfizer, said their candidate vaccine was more than 90% effective in preventing infection in volunteers.

It uses the never-before-approved technology called messenger RNA, or mRNA, to spark an immune response in people who are vaccinated.

On a call with reporters on Tuesday, Sahin explained the significance of the news -- and sent a message of hope for the world.

"I think the good message for mankind is that we now understand that COVID-19 infections can be indeed prevented by a vaccine," he



**Ugur Sahin**

said.

Speaking to CNN on Monday, Pfizer CEO's Albert Bourla called it "the greatest medical advance" in the last 100 years.

While the vaccine is a huge step for the scientific community, Sahin and Tureci are veterans in the world of medical achievements.

The pair, both trained physicians, established their previous company, Ganymed Pharmaceuticals, in 2001 to work on developing cancer-fighting antibodies, eventually selling it for \$1.4 billion in 2016.

Chief Executive Sahin and Chief Medical Officer Tureci are listed among Germany's 100 richest people, according to the weekly Welt am Sonntag newspaper. On Tuesday, the



**Ozlem Tureci**

market value of their Nasdaq-listed company jumped to \$25.72 billion -- a massive leap from \$4.6 billion last year.

But the couple's charitable ethos and longstanding commitment to academia and science appear to have kept them grounded, even as their work on the Covid-19 vaccine propels them into the global spotlight. In May, the couple told CNN they felt compelled to "provide something for society," given the work they had done in their field over the last two decades.

Sahin was born in Iskenderun, a city on Turkey's Mediterranean coast. He moved to Cologne, Germany when he was four, where his father worked at a local Ford factory, according to Reuters.

He met Tureci, the daughter of

a Turkish physician, when the pair were both embarking on their academic careers.

Sahin and Tureci bonded over a shared passion for cancer research, according to Reuters, who reported that the couple even began their wedding day in the research lab.

In January, after reading a scientific paper about the coronavirus in Wuhan, China, Sahin was taken by the "small step" from anti-cancer mRNA drugs to mRNA-based viral vaccines, Reuters reported.

BioNTech assigned 500 of its staff to work on the project with several potential mRNA compounds, eventually closing a partnership with Pfizer in March.

Their Covid-19 vaccine approach uses genetic material, mRNA, to trick cells into producing bits of protein that look like pieces of the virus. The immune system learns to recognize and attack those bits and, in theory, would react fast to any actual infection.

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